

NN-1063

C101

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

WEIDER®

WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

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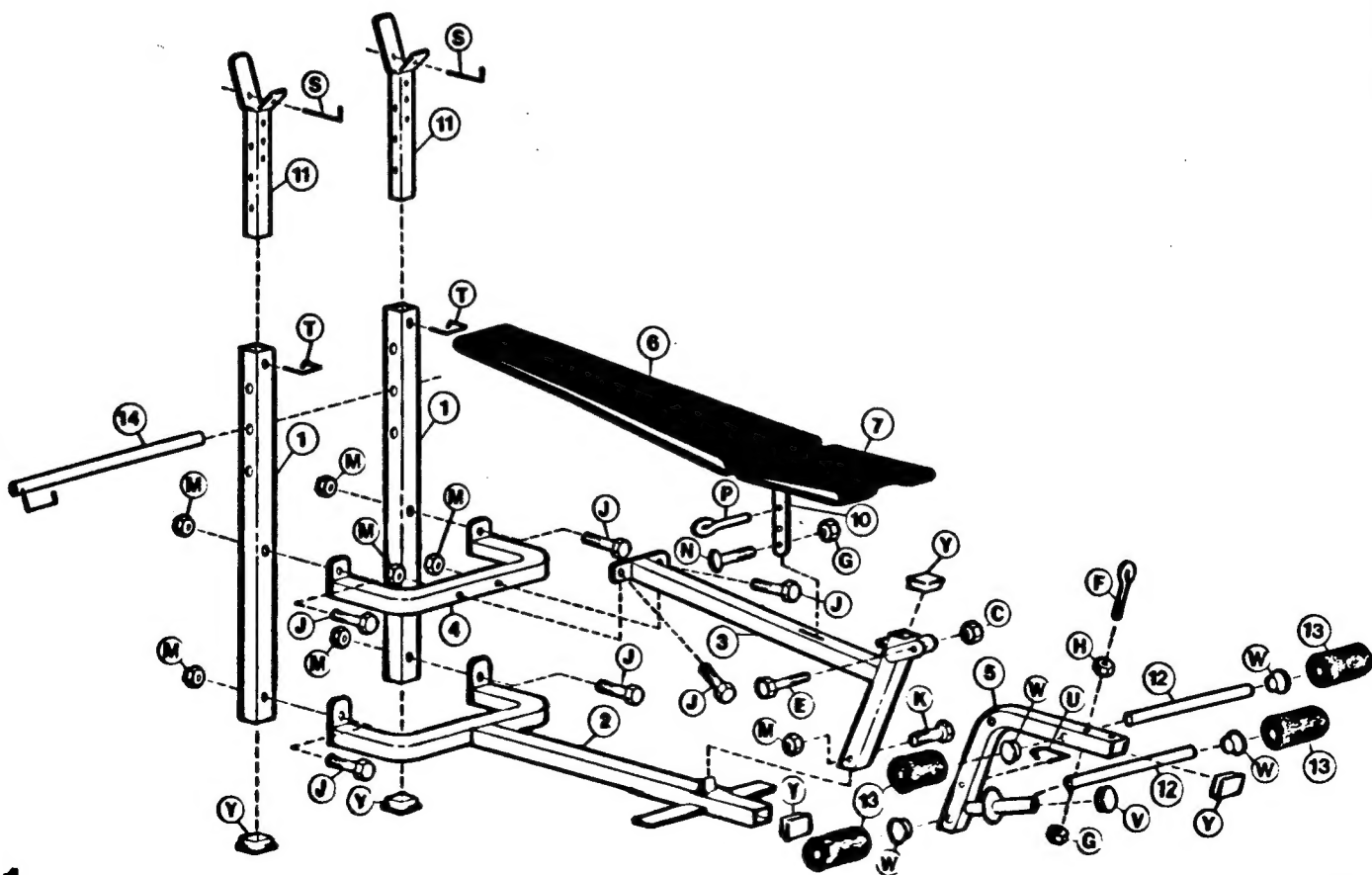


DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	2	C0243-C12
2	BASE FRAME	1	C0110-C12
3	MAIN FRAME	1	C0111-C12
4	U-FRAME	1	C0112-C12
5	LEG CURL	1	C0113-C12
6	BACKREST	1	C0375-C12
7	SEAT	1	C0376-C12
8	LONG ANGLE IRON	2	C6146-C12
9	SHORT ANGLE IRON	2	C6147-C12
10	SEAT ADJ T	1	C6148-C12
11	ADJ UPRIGHT	2	C0244-C12
12	PAD BAR	2	C6149-C12
13	FOAM PAD	4	C0434-C07
14	BACKREST ADJ BAR	1	C6064-A14
15	MAST	1	C0114-C12
16	CABLE (W/2 S-HOOKS)	1	C6150-C12
17	CABLE (W/1 S-HOOK)	1	C6151-C12
18	RIGHT DIP BAR	1	C0245-C12
19	LEFT DIP BAR	1	C0246-C12
20	CURL BAR	1	C6152-C12
21	PLASTIC GRIP	2	C0435-C12
22	LAT BAR	1	C6153-C12
23	FOAM GRIP	4	C0432-C06
24	ARM CURL PAD	1	C0377-C12
25	ARM CURL SUPPORT	1	C6154-C12
26	V-BRACKET (ARM CURL PAD)	2	C6155-C12
	HARDWARE BAG	1	C5803-C12
A	PULLEY	2	AA-8034
B	3/8"-16 X 1 1/2" HEX HEAD BOLT	2	HH-5068
C	3/8"-16 LOCK NUT	3	HH-5013
D	BUSHING-PULLEY	2	HH-5259
E	3/8"-16 X 3" HEX HEAD BOLT	1	HH-5059
F	EYELET BOLT - 1/4"-20	1	HH-5258
G	1/4"-20 LOCK NUT	2	HH-5011
H	1/4"-20 HEX NUT	1	HH-5028
J	5/16"-20 X 2 1/2" HEX HEAD BOLT	6	HH-5015
K	5/16"-20 X 2 1/4" HEX HEAD BOLT	1	HH-5035
M	5/16"-20 LOCK NUT	7	HH-5021
N	* 1/4"-20 X 3/4" MACHINE SCREW	11	HH-5022
O	COLLAR W/SET SCREW	2	HH-5185
P	EYELET PIN	1	WW-7005
Q	S-HOOK	1	WW-7030
R	CHAIN	1	WW-7015
S	BARBELL LOCKING PIN	2	WW-7023
T	SMALL LOCKING PIN	3	WW-7016
U	LARGE LOCKING PIN	1	WW-7017
V	1" ROUND PLASTIC CAP	5	AA-8005
W	3/4" ROUND PLASTIC CAP	5	AA-8004
X	3/4" ROUND PLASTIC COVER CAP	1	AA-8089
Y	2" SQUARE PLASTIC CAP	5	AA-8002
Z	* 1 3/4" SQUARE PLASTIC CAP	2	AA-8006
	UPRIGHT DECAL	2	DE-4076
	INSTRUCTION MANUAL	1	CNN-1063

ASSEMBLY INSTRUCTIONS

BEFORE STARTING, REMOVE ALL PIECES FROM THE BOX AND PACKING AND LAY THEM OUT ON A CLEAN SURFACE.

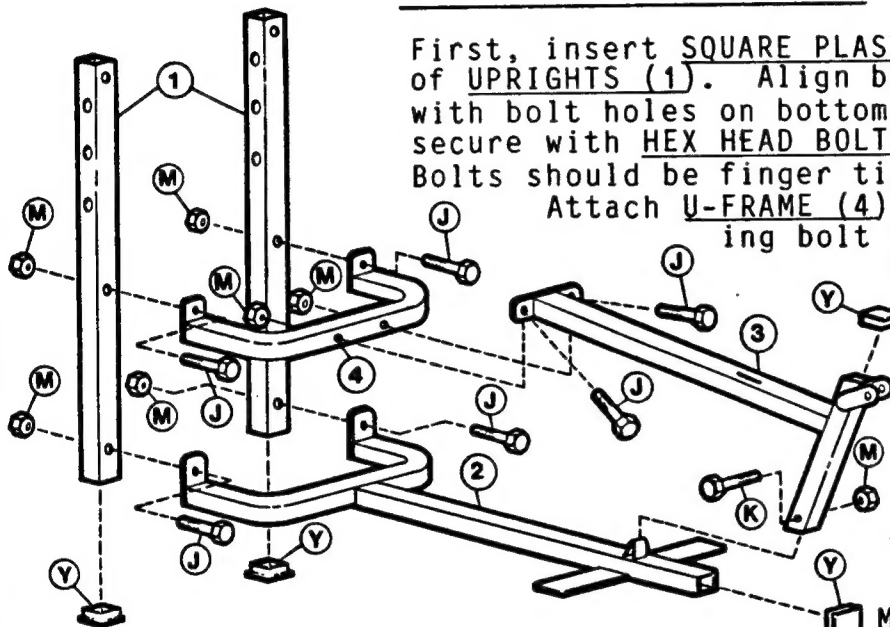
CHECK THE PARTS LIST ON PAGE 2 TO VERIFY THAT YOU HAVE ALL THE PIECES. THE DIAGRAM ON PAGE 1 WILL ALSO BE HELPFUL. THE DIAGRAM ON PAGE 1 DOES NOT INCLUDE SPECIALTY ITEMS. TO CHECK THE PARTS GO TO THE DIAGRAMS IN STEP 8 AND STEP 10. PARTS LISTED IN THE PARTS LIST PRECEDED BY AN * MAY BE PACKED PREASSEMBLED FROM THE FACTORY.

TOOLS NEEDED

- FLAT HEAD SCREWDRIVER
- PLIERS

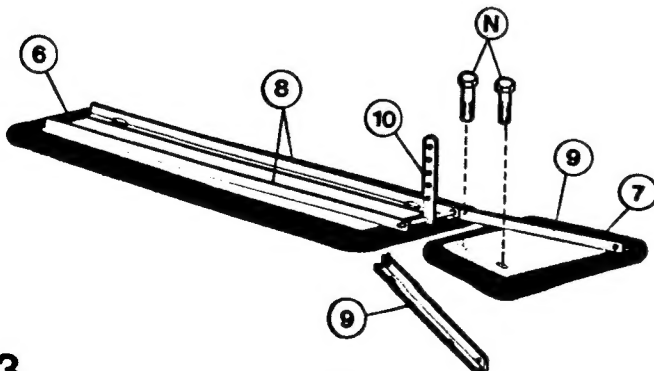
- ADJUSTABLE WRENCH
- HAMMER

STEP 1 FRAME ASSEMBLY

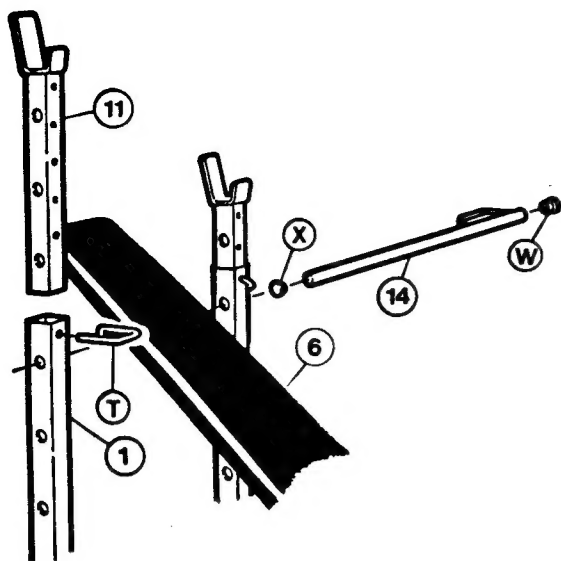


First, insert SQUARE PLASTIC CAPS (Y) into bottom of UPRIGHTS (1). Align bolt holes of BASE FRAME (2) with bolt holes on bottom end of UPRIGHTS (1) and secure with HEX HEAD BOLTS (J) and LOCK NUTS (M). Bolts should be finger tightened only at this point. Attach U-FRAME (4) to UPRIGHTS (1) by aligning bolt holes of U-FRAME (4) with holes in center of UPRIGHTS (1). Secure with HEX HEAD BOLTS (J) and LOCK NUTS (M). Align bolt holes of U-FRAME (4) and MAIN FRAME (3) while aligning MAIN FRAME (3) with bracket on BASE FRAME (2). Secure MAIN FRAME (3) with 2 HEX HEAD BOLTS (J) and 2 LOCK NUTS (M). Secure MAIN FRAME (3) to BASE FRAME (2) by using HEX HEAD BOLT (K) and LOCK NUT (M).

STEP 2 BACKREST & SEAT PREPARATION

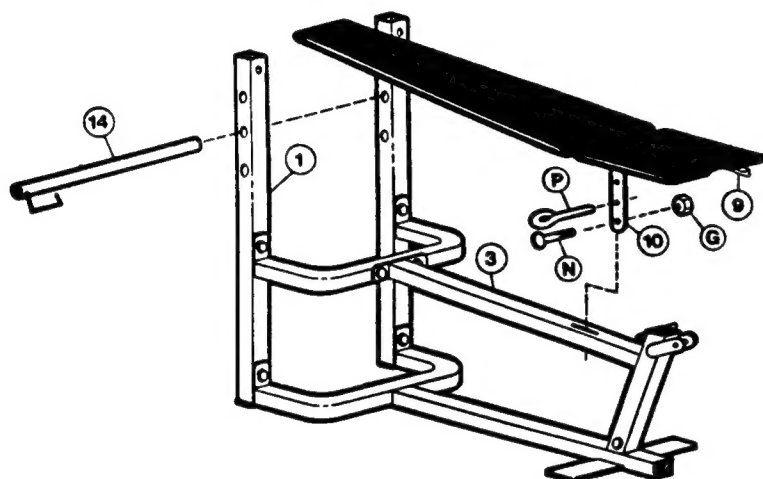


The BACKREST (6) and SEAT (7) are shipped preassembled. Turn this assembly over to expose work area. Remove 2 MACHINE SCREWS (N) from SEAT (7) and then remove SMALL ANGLE IRON (9).



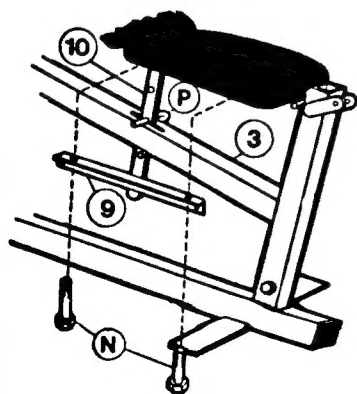
STEP 3 ADJUSTABLE UPRIGHTS

Assemble PLASTIC CAP (W) and COVER CAP (X) into BACKREST ADJ BAR (14). Slide ADJ UPRIGHTS (11) into UPRIGHTS (1). LOCKING PINS (T) are used to adjust the height of ADJ UPRIGHTS (11). The BACKREST ADJ BAR (14) is used to adjust the height of the ADJ UPRIGHTS (11) and the height of the BACKREST (6) but is not used in conjunction with the LOCKING PINS (T).



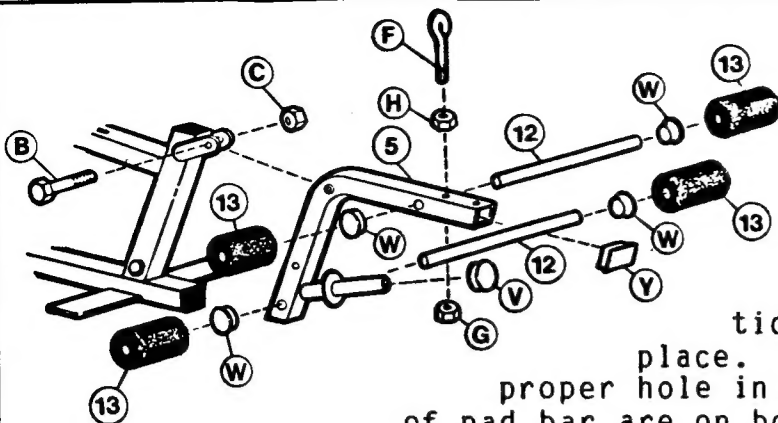
STEP 4 BACKREST AND SEAT

To aid in this assembly, slide BACKREST ADJ BAR (14) into any of the hole patterns on the UPRIGHT (1). Lower BACKREST (6) and SEAT (7) assembly to MAIN FRAME (3). Slide attached SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and place SEAT ADJ T (10) through slot on MAIN FRAME (3). MACHINE SCREW (N) and LOCK NUT (G) are placed in the last hole of SEAT ADJ T (10) to prevent the Seat Adj T from leaving the slot in the Main Frame.



STEP 5 REPLACEMENT OF SHORT ANGLE IRON

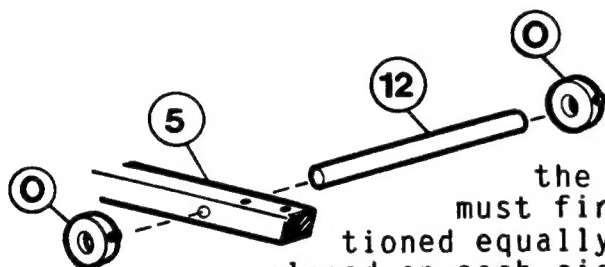
To aid in this assembly, EYELET PIN (P) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (10). Replace 2 MACHINE SCREWS (N) that were removed in Step 2.



STEP 6 LEG CURL ASSEMBLY

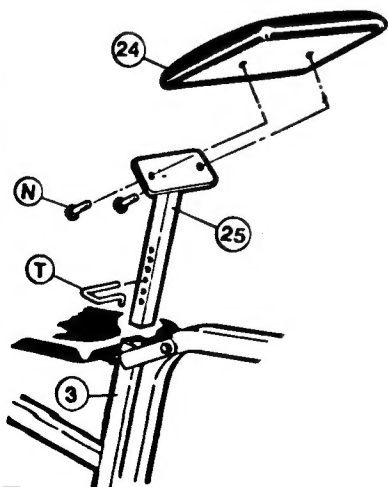
Position LEG CURL (5) between brackets on Main Frame. Secure with HEX HEAD BOLT (B) and LOCK NUT (C). DO NOT OVERTIGHTEN! The LEG CURL (5) must be able to swing free.

Repeat the following instructions until leg curl parts are in place. First, slide PAD BAR (12) thru proper hole in LEG CURL (5) until equal amounts of pad bar are on both sides. Slide FOAM PAD (13) onto each end of PAD BAR (12). A small amount of liquid dish detergent may be an aid in this operation and also provides an adhesive substance to help hold the pads in place. Insert ROUND PLASTIC CAP (W) into each end of PAD BAR (12). Insert SQUARE PLASTIC CAP (Y) into end of LEG CURL (5). Insert ROUND PLASTIC CAP (V) into weight pin. Install HEX NUT (H) onto EYELET BOLT (F) and tighten. Assembly is then inserted thru one of the two holes provided on the top of LEG CURL (5). HEX NUT (6) is tightened onto assembly to secure it into place.



STEP 7 COLLAR USE

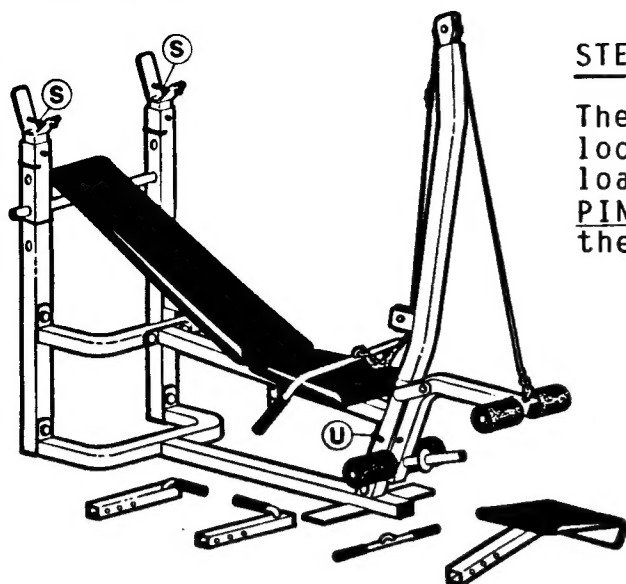
Enclosed with you bench are 2 COLLARS (O) with set screws. These collars are used when weights are loaded onto top PAD BAR (12). In order to use the pad bar in this manner, the foam pads must first be removed. The PAD BAR (12) is positioned equally in LEG CURL (5) and one COLLAR (O) is placed on each side of PAD BAR (12). Slide them as close to leg curl as possible and then tighten. Weights can now be loaded onto bar.



STEP 8 ARM CURL ASSEMBLY

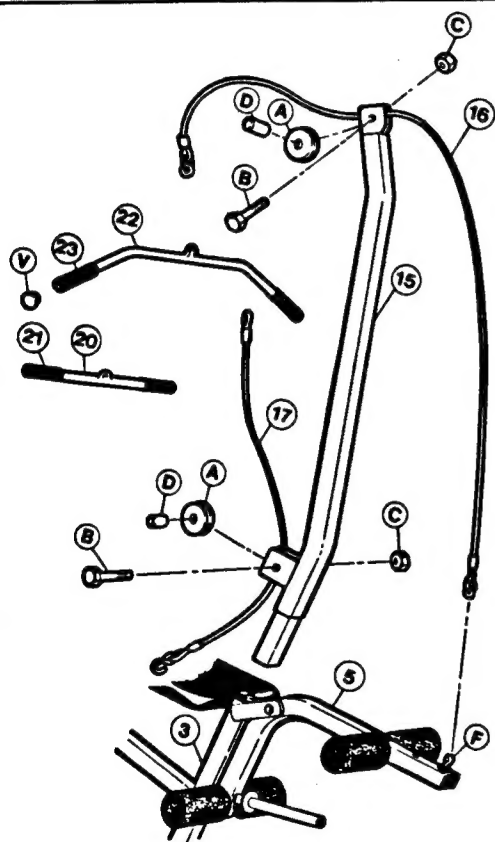
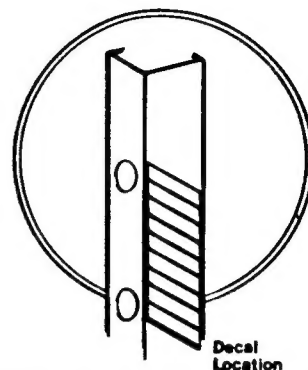
Assemble ARM CURL PAD (24) to ARM CURL SUPPORT (25) using 2 MACHINE SCREWS (N) which are pre-assembled into pad.

To use Arm Curl remove SQUARE PLASTIC CAP (Y) from MAIN FRAME (3) and insert ARM CURL SUPPORT (25). Adjust to desired height by inserting SMALL LOCKING PIN (T) into appropriate hole and allowing it to rest on top of frame.



STEP 9 COMPLETED BENCH

The BARBELL LOCKING PINS (S) are used to lock the Barbell onto the Uprights while loading free weights onto bar. LOCKING PIN (U) is used to lock the Leg Curl to the Main Frame.



STEP 10 MAST ASSEMBLY

10A. First assemble BUSHINGS (D) into PULLEYS (A). Thread CABLE (W/ 2 S-HOOKS) (16) through top bracket of MAST (15). Insert assembled Pulley into top bracket with CABLE (16) lying on top of PULLEY (A). Secure with HEX HEAD BOLT (B) and LOCK NUT (C). Assemble second PULLEY (A) into lower brackets of MAST (15) trapping CABLE (W/ 1 S-HOOK) (17) behind Pulley. Secure with HEX HEAD BOLT (B) and LOCK NUT (C).

10B. Lat Bar and Pull Down Bar
Insert ROUND PLASTIC CAPS (V) into ends of LAT BAR (22) and assemble FOAM GRIPS (23). Assemble PLASTIC GRIPS (21) onto CURL BAR (20).

USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

Insert Mast Assembly into MAIN FRAME (3). Connect S-Hook on LONG CABLE (16) into EYELET BOLT (F). Connect other end of CABLE (16) to CABLE (17) and then to CURL BAR (20). With this configuration Rowing and Curling Exercises may be performed. Free weights can be loaded on either or both the weight pin or Pad Bar.

STEP 2 LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect LAT BAR (22) directly to top end of CABLE (16). Do not use lower CABLE (17). Load weight on either the weight pin of the pad bar.

STEP 3 USING CHAIN

CHAIN (R) and S-HOOK (Q) can be used in conjunction with CURL BAR (20) and the ARM CURL ASSEMBLY to do curling exercises. It can also be used with LAT BAR (22).

STEP 4 USING DIP BARS

Remove Adj Uprights from Upright tubes. Slide RIGHT DIP BAR (18) and LEFT DIP BAR (19) into Uprights using LOCKING PINS (T) to secure them. Handles of Dip Bars will be positioned to the inside of the Uprights. Exercises may be performed from the front of the Uprights by straddling the bench. It is recommended that if doing exercises, weight should be added to the front of the bench to insure the bench will not tip backward. This can be achieved by loading free weights onto the pad bar or weight pin or simply laying a weighted barbell across the seat. We suggest loading on at least 50 pounds of weights or more depending on the person's weight and type of workout.

REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
● MODEL NO. ● NAME OF PART ● ORDERING NUMBER

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.